

# **ZUMBA**



Zumba fuses hypnotic musical rhythms and tantalizing moves to create a dynamic workout system designed to be fun and easy to do! The routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat. Add some Latin flavor and international zest into the mix and you've go ZUMBA

**Classes are held Tuesdays @ 6:00pm and 7:15pm**  
**Saturdays @ 9:00am**

**Cost:**  
**\$18/residents**  
**\$21/non-residents**  
**6 Week Session**

**Register @ the Greenwood Community Center**  
**Call 881-4545 For More Information**